

Meralco rates up anew

Consumers to pay P1.36 more per kWh

By Angel L. He

UNLESS they are willing to pay more, households may have to cut down on the use of electricity by switching off lights early at night, reducing TV viewing, or refraining from using the air-con, if they have one, in the next "wet months."

During this month, a household in Metro Manila and neighboring provinces consuming 100 kilowatt-hours (kWh) of electricity last month will have to fork out an additional P10.60 increase of existing power rates.

Households using 400 kWh a month will have to pay an additional P46.40. Those consuming 100 kWh will pay P40.36 and those using 200 kWh, P27.64.

The higher rate is tied to 27.6% per kWh due to the sharp increase in the generation charges of the state-owned National Power Corp. (Nepco) and the possibility of cross-subsidies.

This November, the monthly charges of Manila Electric Co. (Meralco) will go up 30 percent, or almost P1.36 per kWh, justified by the increase in Nipco's charges.

From December 15, 500 kWh (the Manila charges) to continue every month, the rate will go up to P4.29 as much of the energy supply - consumption in Nipco's charges.

Nipco's rate increase, as well as other costs that go into the business of power distribution.

The other costs include the

generation rate adjustment mechanism (GRAM), a pass-through charge that allows every quarter to cover the costs of power from Nipco and independent power producers (IPP) like Power Corp. and Quana Power Philippines Ltd., and the incremental capacity charge rate adjustment, a recovery mechanism for large as energy fluctuations.

Spurred by the rate increase, a slew of the rise in the Nipco's generation charges, residential and general service customers will have to bear passing P1.52 increase from per kWh this month.

Small industrial users will pay an additional 40-cent increase per kWh and government hospitals, 32.36 increase.

This is due to the increase of 40 percent of the cross-subsidy that large commercial and industrial users were providing smaller (residential) customers. The existing 40 percent of the cross-subsidy will be reduced by October next year as mandated by the law.

MANILA (INQ)



Gov't starts rice rations through kids in schools

By Noli Cornejo and John Laking Jr.

AT THE end of this school year, each pupil will have brought home about 10 kilograms of rice.

The Department of Education (DepEd) and the Department of Social Welfare and Development (DSWD) started off the five-month Food for School program that would see some 50,000 children in two counties for their impoverished families in Metro Manila and other neighboring provinces.

As a part of the success of the project in terms of improving their health, the schoolchildren will be brought monthly by the two agencies for their families.

At the end of the project, the project will be extended to other parts of the country.

The rice subsidy is part of the government's response to a National Weather Service report last month that showed some 100,000 people were going hungry.

"We are not in a food crisis in the Philippines," DepEd said, but we're already taking this alternative action as we will not get there," Salinas said.

Many of the children in the project had been in the project since they were born. They were given rice and other food items.

At the end of the project, the project will be extended to other parts of the country.

MANILA (INQ)

Nayan's family appeals to captors to free him

By TJ Burgeon

THE MOTHER of Argentine human rights lawyer Nayan Arianza has appealed to his captors to let him go.

"My brother, Nayan, is in a very dangerous situation," she said in a statement released by the Argentine government. "He is in a very dangerous situation."

"My brother and I would like to see him again."

He is a student in the Argentine law school and is now in the Philippines.

"My brother's life is in danger," she said. "He is in a very dangerous situation."

"My brother and I would like to see him again."

PROSECUTOR General Nayan Arianza is in the custody of the Philippine government. He is in the custody of the Philippine government.

MANILA (INQ)

Despite doubts, 12-yr-old girl keeps faith in RP

By Ricardo S. Reyes

12-year-old girl, Nayan Arianza, is in the custody of the Philippine government.

"My brother and I would like to see him again."

Despite doubts, 12-year-old girl keeps faith in RP.

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US military begins assault of Fallujah

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MANILA (INQ)

Senate OK of new UP charter seen

DESPITE last week's emotional outburst by Sen. Miriam Defensor-Santiago which marred floor deliberations on the proposed new charter of the University of the Philippines, Senate leaders are confident the chamber would approve the new UP charter.

Senate President Franklin Drilon said over the weekend he saw "no serious opposition" to the proposed measure.

"I am confident that the UP charter will receive support from our colleagues," Drilon said in a phone interview.

But Drilon said Santiago would propose amendments to the UP charter, particularly by introducing a new definition of "academic freedom," a term which she had questioned following the suicide death of her son, Alexander Robert.

Santiago earlier threatened to block the passage of the new UP charter after she blamed anew UP law officials for the death of her son.

The senator wants UP authorities to submit a memorandum to her before Nov. 15 detailing the names and ad-

resses of the admissions committee that denied entry to her son as well as on how they came to such a decision.

Majority Leader Sen. Francis Pangilinan, who is defending the UP charter bill, said the Senate hopes to pass the bill, which seeks to amend the UP charter and turn the state university into a national university before Congress adjourns session for the Christmas holidays.

The House of Representatives, on the other hand, has yet to come up with a committee report on the proposed UP charter bill. *Christine G. Arendano*

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Couples say 2; actually, it's 4

Now, DepEd welcomes faultfinders

By Blaise S. Rivera

Even with only three children per couple, a married couple at least another six years for the Philippines to achieve the targeted 1.3 percent population growth rate, despite 50 percent fertility rate.

The National Demographic and Health Survey (NDHS) was

conducted by the private sector, not the government, and fertility rate (FR) of 1.3 percent is the number of children that couples actually have, not the number of children they want.

Philippine couples say they want only one child, but actually have three, or four, due to an average of 1.3 children per couple, according to the NDHS 2003.

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by 2 percent every five years, the country would have a population growth rate of 1.3 percent by 2015.

"If an average couple has one child, the population will grow only 0.5 percent after 50 years, so the Philippines should have produced the replacement population by 2015," said the survey's director, Dr. Antonio

The NDHS, conducted by the National Demographic and Health Survey (NDHS) in 2003, was the first survey in the Philippines to be conducted by the private sector.

The survey also found that most couples are planning a higher income for their children, who have been exposed to the Internet and other modern amenities. The study also found that the Philippines has a high fertility rate, with an average of 1.3 children per couple.

from the mid-1970s and 1980s with a decline from 10 percent to 5 percent.

Meanwhile, the reduction in TFR was not too much. The Philippines has a population of 80 million, which is expected to double by 2025.

DepEd is one for the books.

After initially denying a report that a certain DepEd division office (DDO) had been found to have a high number of students, the DDO has now been found to have a high number of students.

At the Department of Education (DepEd), the number of students in the country is expected to double by 2025.

members of the country's youth and the government will continue to work together to improve the quality of education in the country.

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Military, Moro rebels swap raps of truce violations after clashes

EXPERIMENTAL *Escherichia coli* and *Salmonella* serotype *Paratyphi* A were charged (charges of +1, indicating a cation) or negatively charged (charges of -1, indicating an anion) yesterday after some of the water-fighting this year in central Maharashtra killed several people and displaced around 1,000.

The military said seven rebels from the Moro Islamic Liberation Front (MILF) were killed in fighting last week between

The MILF denied any offensives had been used to beat back the rebels.

Bhij. Cms. Narayan-
der Vans, head of the
government's most
poor, said the fighting
in four villages in the
mountain zone has
cost one thousand

He said the army might file a formal complaint against the MILF for violating a 17-month-old ceasefire by attacking

the MLF speaks, man did Kikuyu invent music within the walls very opposed to the great talks might be evidence hereafter

The MLF is committed to the defense, he said. The people there are still afraid because

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[illegible]

A thought from a non-reader.

A mind on the blink can be a real turn-off. If you need a bit of stimulation, try reading for a change. Just a thought.

Nayan's family appeals to captors to free him

By James Anig

Incumbent to 'front' his family and his life.

Manila made the appeal during an interview with *Abay* news by its senior Al-Jazeera, its first in Manila, Manila, Philippines.

Tamagay has been held hostage since Nov. 1 when he was abducted by the group of Islamist fighters and members of the Islamic State of Iraq and the Levant (ISIL).

He is now in the hands of the group, which has been active in the region.

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POEA probes captive's 'illegal deployment'

By James Anig

THE PHILIPPINE Overseas Employment Administration has begun a formal investigation of a complaint against Tamagay's "illegal deployment."

The POEA said it had found that Tamagay had applied with letters from 10 countries as early as April 13. His application was filed as an applicant's search order in June 2004.

Since he had been placed under preventive detention and will be immediately released from being in the Philippines, officials said.

It was reported that the complaint had been filed in the Philippines with it and, on Oct. 20, had been filed in the Philippines.

He is now in the hands of the group, which has been active in the region.

Tamagay's presence and deployment.

Administration officials said that the group had also contacted the group's presence in Manila to verify the status of Tamagay's job in the group and the details regarding the group's presence.

The POEA had also been monitoring the group's presence in Manila to verify the status of Tamagay's job in the group and the details regarding the group's presence.

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US military begins assault of Fallujah

From page A1

An AC-130 gunship circled the city at night long with intense fire, and helicopters, some of which were shot down, were being shot down.

Commanders said the assault might take place in the city, which has been the main target of the assault.

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A TV image shows a US soldier shooting a rocket from an aircraft in a hospital in Fallujah.

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NEW Zealander Tony Tucker stands near a sign he erected on a road in Christchurch, New Zealand, to condemn the outcome of the 2004 US presidential election Nov. 8. Tucker said he labelled Bush a war criminal because of the number of innocent people killed in the war. "Sure, Iraq was ruled by an evil person (but that) did not give the US president the right to invade a sovereign state," he said. **SOURCE**

Bush to seek charter ban on same-sex marriage

WASHINGTON—US President George W. Bush will renew a quest in his second term for a constitutional amendment to ban same-sex marriage as essential to a "hopeful and decent" society, his top political aide said on Sunday.

Bush's call for a constitutional ban on gay marriages failed last year in Congress, but his position was seen as a key factor motivating Christian conservatives concerned about "moral values" to turn out in large numbers and help supply Bush with a winning margin in last week's election.

"If we want to have a hopeful and decent society, we ought to aim for the ideal, and the ideal is that marriage ought to be, and should be, a union of a man and a woman," Bush political aide Karl Rove told "Fox News Sunday."

Rove said Bush would "absolutely" push the Republican-controlled Congress for a constitutional amendment, which he said was needed to avert the aims of "activist judges" who would permit gay marriages.

Renewing his push for an amendment—despite its slim chances of success—would be a way for Bush to reward his conservative base. The amendment would face a steep hurdle winning the needed approval of three-fourths of the states.

Second-term agenda

Other items on Bush's second-term agenda included nominating—without a "litmus test" on abortion—judges who would "strictly interpret" the Constitution, and tax reform.

Rove said Bush wanted to review the tax code "in its entirety," which suggested a broad-based reform was possible.

Republicans' ability to deliver on their campaign agenda will help determine whether the party can realize its potential to retain a governing majority for decades, he said.

The gay-marriage issue leaped into the campaign spotlight this year after Massachusetts legalized the practice in response to a state Supreme Court ruling, and San Francisco began performing gay marriages in defiance of a state ban.

Ballot measures in 11 states to ban gay marriages all passed last week. Gay-rights groups have vowed to keep fighting for legal protections of same-sex relationships despite the election setbacks.

Bush said last month that he disagreed with a Republican Party platform provision that would also ban civil unions of same-sex couples, and he said states should be able to allow such legal arrangements if they wish.

Rove elaborated on this on Sunday.

"He (Bush) believes that there are ways that states can deal with some of the issues that have been raised, for example, visitation rights in hospitals, or the right to inherit, or benefit rights, property rights, but these can all be dealt with at the state level, without overturning the definition of marriage as between a man and a woman."

Unnecessary

US Sen. Susan Collins, a Maine Republican, said a constitutional amendment was unnecessary. "The states are perfectly able to handle this important issue on their own," Collins said on CBS's "Face the Nation."

Asked whether Bush intended to appoint anti-abortion judges to Supreme Court vacancies considered likely to come open in Bush's second term, Rove said the president would not use a litmus test. He said Bush wanted his judicial nominees to be "impartial umpires" who would strictly interpret the law and Constitution.

He played down a conservative firestorm over a suggestion last week by Sen. Arlen Specter, a Pennsylvania Republican, that Bush would have a hard time winning confirmation of any Supreme Court nominees who would overturn the landmark *Roe v. Wade* decision legalizing abortion. **Reuters**

ROUSING THE NGO SPIRIT IN EVERY FILIPINO

"Where there's a person desiring to make a change in his community, there's an NGO waiting to be born." The essence of Non-Government Organizations' (NGO) role in Philippine society over the last 4 decades has been to promote the general welfare and facilitate the development of communities, particularly the poor and marginalized sectors.

"NGOs have quietly defined their role in our society. In many areas involving the welfare of people and communities, you will find NGOs at work," said Joel Pagsanghan, National Coordinator of CODE-NGO.

"There are consumer groups looking after the interest of the Filipino family, monitoring and addressing issues about prices of basic goods and services," added Pagsanghan. "There are NGOs offering micro-financing at the barangay level or helping farmers find ways to increase their harvest. They also provide education and training and work with cooperatives and other community organizations to provide basic services such as the construction of water systems."

NGOs became a household name in the Philippines when they played a lead role in the People Power revolutions of 1986 and January 2001. Since then, NGOs have "translated" people power into development efforts to help the poor—initiating livelihood projects, teaching new skills, providing capital for business in the form of small loans, community organizing and environment protection, among others.

"There are as many as 67,000 NGOs in the country, providing varied services to various sectors. By working together, coordinating these efforts, it was thought that NGOs could optimize their reach geographically and demographically, as well as maximize the use of their resources. In 1990, ten of the largest NGO networks established the Caucus of Development NGO Networks, or CODE-NGO," said Pagsanghan.

A year after its establishment, CODE-NGO ratified the Covenant on Philippine Development and the Code of Conduct for Development NGOs, landmark documents that would set the ethical standard for NGOs in the way they handle their affairs. Presently, CODE-NGO is the largest coalition of NGOs, claiming 2,500 members.

NGOs' contribution to national development has been significant. For instance, in 2003, CODE-NGO invested a total of P154 million in development projects in 74 out of the 79 provinces in the country.

"The NGOs have an intimate appreciation of the needs of the marginalized sectors of our society, having to work, and, oftentimes, live with them in their communities," said Pagsanghan. "Some donor agencies find NGOs a more effective vehicle for the utilization of their development funds; their independent nature ensures that these funds are used to serve the needs of the community instead of someone else's."

"CODE-NGO has also taken the initiative to institute and enforce good internal governance among its members. At the end of the day, NGOs are accountable not only to their donors and other stakeholders, but especially, to the people they serve. They are the *raison d'être* or the reason for being of any and all NGOs."

Pagsanghan outlined CODE-NGO's current strategic thrusts, addressing both its members as well as its constituents. Among these are 1) promote transparency and accountability among its member networks and NGOs, 2) build the capability of its members, 3) form and strengthen development partnerships within the NGO community and other sectors of society, and, 4) continue to influence public policy in favor of good governance, social justice and sustainable development.

"We will also continue to support worthwhile development efforts of government and the local communities. With the help and participation of every concerned Filipino, we believe that we can do something to improve the lives of the people who hope to rise above abject poverty and those who are looking for ways to better themselves and society."

Pagsanghan knows whereof he speaks. Having started social work in the frontlines since college, he has been engaged in social development work most of his life. Married to a fellow NGO worker, he had made a choice to take the path of public service, sacrificing any ambitions to partake of the lucrative careers in the corporate corridors of Makati.

Pagsanghan continues to rally support for the NGO cause. "Every one can do his share at making things better. When you see injustice in any form—a man beating his wife, a child being abused or a large company oppressing a community—you can advance the cause by standing up and making yourself heard on their behalf."

"More and more, we are being called upon to help each other. Donor funds from the international community are drying up; less attention is focused on the Asian region. We will have to muster our own resources and our own capabilities to continue the work of social development, particularly among the least fortunate of our neighbors."

NGOs supplement government efforts in addressing the basic needs of these communities, initiating changes that provide opportunities for people who, otherwise, would not have the resources nor the capability to improve their lot.

In an age when doing a good deed makes heroes and front page news, NGO efforts at uplifting people's lives continue to be undertaken with hardly any fanfare. Yet perhaps, it is the people who make up the members of organizations like the CODE-NGO that is redefining the role of a conscientious Filipino citizen, and leading the way towards a just and compassionate society.

Social Development Week 2004 • November 8-12
Glorietta Activity Center

For more information, contact: CODE-NGO Secretariat
Tel: 426-6601 local 4624 / 4625 • Fax: 426-6934
Email: code-ngo@sunshop.net.ph
Website: <http://www.codengo.org>

CODE NGO

In cooperation with **Philippine Daily Inquirer**

RP not out of woods yet—De Venecia

Islands fiscal crisis.
De Venecia indicated that the fiscal crisis would probably subside by the end of the year. He said that the House of Representatives passed a bill to increase the duty on imports of certain goods, including oil, to help generate revenue. He also mentioned that the government is looking for ways to increase revenue from other sources, such as the sugar industry.

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Whole Class, Grade 1 pupils at the Calicut Elementary School, presents to her mother Marlene Udo of rice given earlier by President Arroyo.

Gov't starts rice rations through kids in schools

Advised for rice rationing
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Mystery bulge in Bush suit jacket explained

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'Gift, mother' Pays for just

Despite doubts, 12-yr-old girl keeps faith in RP

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OPBF king Laurente best October fighter

FOR SUCCESSFULLY defending his Oriental and Pacific Boxing Federation title, the lightweight contender defeated his opponent, a former world champion, in a hard-fought battle. Laurente, 23, of the Philippines, won the fight by a unanimous decision over his opponent, a former world champion, in a hard-fought battle.

The winner, who is currently ranked as the top lightweight contender, won the fight by a unanimous decision over his opponent, a former world champion, in a hard-fought battle.



MAAGAN has picked up enough fight wins to earn a title shot.

Paraguay to get GM title in January

By Martin Berne, Contributor

PARAGUAY International Masters World Series will become the country's latest, and possibly first, super grand master by January next year.

After the country's first super grand master, Paraguay will get its GM in 2005. The country's first super grand master will be the first to win the title.

Based on official estimates, Paraguay has already achieved an O.D. rating of 2000, before the start of the Olympic. Paraguay's rating is based on the O.D. 2000 rating of 2000.

MOVIE TIME

katie holmes

first daughter

Dipolog tops adidas under-19 qualifier

DIPLOG finished a place in the 1995 under-19 final recently after winning the Philippine National Championships in Zamboanga.

Gonzales vaults into tie for 3rd

PARAGUAY International Master Jovito Gonzales took the scalp of Order Alberto Garcia of Chile in the sixth round and then advanced to the 14th round of the 2004 Paraguan International Masters World Series.

I what to watch I

DOLL MASTER

10M City Theatre

10M City Theatre

10M City Theatre

HOUSE OF FLYING DAGGERS

10M City Theatre

10M City Theatre

10M City Theatre

WHITE CHICKS

10M City Theatre

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10M City Theatre

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WICKER PARK

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in Robinsons MovieWorld Cinemas NOVEMBER 10

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IT EXTENDS BEYOND

THE TOP GROSSER

katie holmes

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NOW SHOWING

WHAT IF EVERYTHING YOU'VE EXPERIENCED EVERYTHING YOU'VE KNOWN NEVER HAPPENED?

THE FORGOTTEN

Gov't allots P100B . . .

to the rehabilitation of the Kalamazoo river along the South Coast Expressway (SCE) and the linking of the SCE to Columbia, La. points, to the South, via Tunnel Arterial Road (TAR) to the Ocean. Services

"We need to push for infrastructure

Earn
\$1,000 a
month

1 month	2.8000
2 months	2.8250
3 months	2.7500
6 months	2.8750
12 months	3.0000

Source: <http://www.fishbase.org>



progress here is a difficult one to get because he can't leave," the study chief said. "The accomplishment of the FIC increases as jump start these projects."

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as high as
\$20,000 to \$50,000
40,000 10,000

1.60%	2.70%
2.75%	3.10%
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3.00%	3.12%
3.12%	3.20%

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OSIT
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400,000 6.00

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1.888%	1.901%
1.901%	1.914%
1.914%	1.927%
1.927%	1.940%

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1 month	2.800%	3.000%	2.750%	2.875%	3.000%
3 months	2.625%	2.750%	2.675%	3.000%	3.125%
6 months	2.750%	2.875%	3.000%	3.125%	3.250%
9 months	2.875%	3.000%	3.125%	3.250%	3.375%
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[illegible]

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ARAW SA BUHAY NG CHIEF, PNP

uwebes: **alas-10 ng gabi!!**

katapos ng **HOPE** *Globe*

Ang Kailalang Guro Maramba

Dito lang sa **ABC**



SA INCHORDIBLE PINOYS

Missing good things: possible

Global



SA BYLINE INQUIRE



RESULTING
U.S. ELECTION:
GRASSY O
DISGRASSY?

SA-TAMONG NG BAYAN

FAB Hong Kong
Tutler Ball /C2

LIFE STYLE

(continued) reported 44 cases diagnosed as EBF (100%) and 54 (50%)

Editor: Charles B. Reid, Jr.

MONDAY ARTS & BOOKS • TUESDAY FITNESS • WEDNESDAY 18M • THURSDAY FOOD • FRIDAY FASHION & BEAUTY



PRICE is right for exercise injuries

[illegible]

After 12 months I began to feel a familiar stinging of pain in my shoulder joint. Being cold, weary and nervous, I blamed it on the passing digits in my body, wondering if not immediately after some of the workshops in the 1970s period. Then, one day, I noticed that my right arm and hand were numb and cold, as the body attempts to warm up. The numbness was spreading to small finger bones into cold fingers. The location of January 4 is in a cold flow down the river. The bones are numb, cold, blood cells to fight infection and inflammation, which entered in cancer cells in the area to heat their field into the cancer heat.

HFBC is an uncommon form caused by protein, red, fat, calcium and chrome. It is used as a first aid measure mostly by acute patients but can also be beneficial for chronic patients. As a useful option, develops suddenly like a sprained ankle, while chronic patients develop over a time. However, the chronic patients are not aware of the problem. They must use an anti-inflammation cream for gradually get more relieved.

Protect: Based on the injured area, some further damage by immediately covering the affected area.

Well and
Good

Test
Answer



Thank as I wanted to continue to a big set the new electric machine. I took the same terrible pain and stopped doing it. Then I pressed my shoulder even more to rest sleeping up it for two nights. In the case of a sprained ankle, instead the intense acute stretch

on any other person to avoid paying tuition fees.

Plant

The next component of the PRICE protocol across various physiotherapy and your injured joint is muscle rest which is the main one.

swelling goes down. But this doesn't mean that you still possess the other parts of your body that are not injured. My shoulder may have been swelling out but I will still be back working. All in all, it was a disaster, and worked on my hip.

Product

Protect the injured area from further damage by immediately covering the affected cells.

LIFESTYLE

A promise kept

Page 2

HOW Babylyn lost her dying condition, helplessly pinned between the steel seats and floor panel of the car, could have ranged to get the key from her bag that was intuitively taken by owners, is hard to explain by pure logic. It is possible that Babylyn's spirit was propelled by a very strong desire to return the important key to her sister and enabled her to do the impossible?

In their legal team, Rose did not know yet of the accident, she was waiting for her relatives when she saw their car arrive and even heard the familiar beeping of the horn, so she told their maid to open the gates and let the car in.

When the maid opened the gates, she saw the car and told them so. That was strange, Rose thought, because she distinctly saw the car arrive and heard its horn. The mother of three drove had also seen the car but decided to just wait for her son to come home. She

waited all evening but her son never showed up.

Mind trick or real?

What was it then that the two women saw? Were they merely hallucinating or imagining the car because of their desire to see their son return back? Were their minds simply playing tricks on them, or was there really explanation for this sense back?

Hearts and cannot hold were filed by the two parties involved. The Day Afternoon last, 11:00 Victory Lines saw the accident and was. The owner of the bus company blamed the driver of the Ona Baking family for the tragedy which they, of course, denied. They believed it was the bus driver's fault.

Rose wanted to know the case who was really at fault. In the course of the investigation, the evening containing all documents pertaining to the case was lost.

Asking for answers

After some time had passed, Rose asked her dad father to give her a sign to reply to her question as to who was really at fault: "Our driver or 'Victory Lines'?" That evening, after asking this question, Rose dreamed of her dead

INNER AWARENESS



Jonnie Z. LaSalle

Sensitivity to the spirit world can be both a blessing and a curse

father. In the dream, he wanted to see the missing envelope containing all the facts of the case, but something else.

Rose took that to mean her father was telling her it was not their fault and that she should pursue the case, but because they were no longer involving court actions on the charges made against them, their lawyers all told them not to pursue the case anymore.

On the 4th day after the death of her father and sister, Babylyn showed up in Rose's dream, like she was wearing the dress Babylyn had on at the time of the accident. In her dream, she stood up to embrace her sister but her sister like the warmth of her sister's body like really felt her as if she was alive.

Astral projection

When her sister told her would like to say goodbye to her nephew, Babylyn sleeping on the bed beside Rose, Rose looked there and saw her own physical body sleeping beside her and, instead like knew when she had gone out of her body, Rose could feel the embrace of her sister, Babylyn. At the time, she did not know it was a case of astral projection.

Sensitivity to the spirit world can be both a

blessing and a curse. It will depend on how Rose Ona-Baking handles her psychic gifts. If the development is in a balanced and sensitive manner, it could be of great help to her and to others, but if not, it could be a source of more confusion and problems. The risk is always to stay centered, balanced and whole.

There is much that Rose can learn about the spirit world and how to deal with its imbalances by studying these seriously and by not being afraid of them.

If there is any lesson one can learn from the experiences of sensitive people like Rose, she should stay with us for a long, long time after they have died.

FORUM: In the article last Tuesday (Nov. 2), the other person in the Ford Lane that collided with the bus was Rose's neighbor, not her mother-in-law as mentioned.

E-mail the author at jlaasalle@comcast.com.ph



Journal for expectant moms

EVERY second, a miracle of a new life takes place.

And yet if we could see the actual landscape and gift shape everywhere, we see no journals or diaries especially for pregnant women; when they could put on paper thoughts, feelings and experiences?

Infinitely, this moment unique in pregnancy are often lost to the forgetfulness of memory.

Now available in all National Bookstore outlets, Goodwill Bookstore, Moruya and National Bookstore, Fully Branded Bookstore and National Bookstore is a National Bookstore's newest publication, "My Journey Through Preg-

nancy" which is a notebook to be any amount of a landscape... an beautifully designed pages and well-edited one sections, which include: Journal, reminders, pictures, and hopes and dreams for the baby. The journal sells for P299 per copy.

Moreover also published Medical Observer, the country's leading medical magazine that was an award for editorial excellence from the Society of Publishers in Asia in 2003, and The Philippine Medical, a publication for mothers.

Support for the bookstores is fully funded, a free booklet for mothers for mothers. It tells about baby's proper nutrition, gestation and hypoxia, growth and development, and common diseases.

TV documentary on breast feeding

BREAST feeding is key to a newborn's survival, but while breast feeding may be a common act after birth, surprisingly few men understand.

"The Breast Feeding Documentary" on Channel 5 examines the importance of these observations in light of International Order 51, commonly known as the Milk Code, which was enacted to promote breast feeding and provide a basis, reality life for mothers and their children.

In the episode, the Prime Time Investigative Program is showing the Milk Code and speak with several mothers, including Marlene Lazo-Pangilinan and Cherry Marasigan, whose changing theories and the changing roles of men have been.

Get to know more about the gift of motherhood and breast feeding on "The Breast Feeding Documentary" on Nov. 16, 10 p.m., on ABC-5.



DRINKING Co. Betty Torres, Rosalinda Pina, Adonis Lopez, Gery Delgado and Marlene Pangilinan

Charity golf tournament set

AIMED at benefiting women and children, the Manila Lady Golfers Foundation Inc., will hold its second charity tournament dubbed the 2004 Manila Ladies Cup at Black Watch Golf and Country Club.

The cup features a three-day tournament starting Nov. 16, with the ladies' and men's teams competing, continuing on Nov. 18, Nov. 19 for the ladies' individual play and ladies' team play.

Interested players are asked to call Betty Torres or call at Black Watch Golf and Country Club at 723-0653 or 723-0658.

The year's tournament proceeds will benefit Ayala, a foundation for women children, and the Marikina City Government.

Betty Torres, the Manila Lady's chair, plans to make the charity golf tournament bigger each year to highlight the benefits given to women and children, charity. The women all women players to join this year's tournament that is packed with more prizes, prizes and surprises.

Manila Lady Golfers Foundation Inc. was founded by Torres, Dennis Co., Rosalinda Pina, Adonis Lopez, Betty Torres, Marlene Pangilinan and Gery Delgado.

LIFESTYLE



Great wellness news

WELLNESS is a real business that is thriving. The fact is, however, there is so much more to discover about the wisdom of the body and nature's incredible healing applications.

Here are some wellness developments and new approaches that more overcome the health concerns and the rest is all of us.

Power of natural healing

The National Conference on Alternative and Integrative Medicine, organized by the Philippine College for the Advancement in

Medicine (PACAM), headed by Dr. Carmencita Yu, will be held Nov. 23-24 at the Tuli Hotel in Taguig City. The event features speakers from the United States, Malaysia, India and Taiwan including doctors James Davidson, Sam Chen, Jackson Angulo, Christina Mollan, Don May, Francis. Local speakers are doctors Cesar Amato, Gerardo Bayat, Monica Rodriguez, Elton Sison.

Topics to be discussed are herbal remedies to cure prostate, healing through spiritual medicine, preventing cancer and injury through acupuncture, healing through kinesiology, pain healing, acupuncture, Chinese medicine. Keynote speaker is Health Secretary Manuel Joven, while the closing speaker is Grant Hooper, president, Philippine Institute for Traditional and Alternative Health Care.

This is open to the public. Call 2732-01 or 4119470.

Say goodbye

to varicose veins

Phlebology is the study and treatment of vein diseases. In the past, serious varicose vein problems were treated through surgical vein stripping. Today, a vein clinic that addresses this problem offers a non-surgical solution. Laurens Int'l., established by Dr. ILL, Inc. Integrates a revolutionary contributor to Medicine called phlebology. According to him, "Treatment of varicose veins at its early stages will prevent complications like leg ulcers, deep vein thromboses, the aneurysms."

Laurens Int'l., a branch of its Australia-based head office, offers various services upon application of their innovative medicine, the disappearance of completely

INSIDE OUT



Gary Quirino

varicose veins. More serious cases, though, will require two to three sessions. It is a non-invasive, no anesthesia, no surgery, no-surgery treatment, and instant benefits make this new technology from Australia a welcome development in phlebology.

Clinical trials in Australia and US have shown that laser and phlebology treatments for varicose and spider veins are not effective because leg veins are too deep for them to reach.

Laurens Int'l., Angeles Medical Plaza—184

anm-03



Open badminton intercollegiate championships

JVC brings back the 2004 JVC Open Intercollegiate Championships with qualifying rounds on Nov. 10-13 at Sheraton South Beachman Greens, and the championship rounds on Nov. 14-15 at Glendon Activity Center. There will also be a closing competition on Nov. 14, 2 p.m., at Glendon Activity Center. The competition will be conducted on Nov. 13 on Nov. 4, 9-11 p.m., and final sports on Dec. 10, 7-9 p.m., with a replay on Dec. 13, 5-7 p.m.

This year, the focus is on college-level participants, with collegiate men's team and collegiate women's team championships trophies up for grabs. A total of \$100,000 in cash, a trophy, vacation packages, plus many more valuable items await the teams that finish at the top.

Tourney fees are available at IBC Manila (02) 3411 Crystal Garden, IBC, corner Divisoria and Dela Rianza, Salcedo Village, Makati or 806, 20 S. Macatangay, San Juan. Tourney fees may be downloaded from www.jvcphilippines.com. Call 7331 288, 7322 588, 0918 3094821 or 0917 1188676.



The AMBA Eastern University men's team, champions of the 2004 JVC Intercollegiate Badminton Men's Division, shows here with JVC executives and former First Lady and Philippine Badminton Association president Pleg Reyes.

No-fuss products for hair removal

VEET Depilatory hair-removal products are easy to use and promote the slower process of hair growth. No more cuts, wax and additional expenses for salon treatments. Veet Hair-removal Creams has two varieties: Veet Hair-removal Creams with moisturizing also for that extra soft and smooth feeling, and Veet Hair-removal Creams with almond oil for sensitive skin.

Regular use of Veet products makes hair finer and reduces the area where they come up. The natural ingredients are the essential elements that give you that soft feel,itching and reduce long-term growth while regrowing hair.

Best of all, hair is removed in just five minutes. It's ideal for legs, underarms and bikini areas. Simply spread the cream on the area, wait five minutes and use the specially designed Veet Shave Spatula and scrub to remove

to remove areas and reveal silky smooth skin.

Veet Ready-to-Use Wax Strips remove your hair fast for up to three weeks. You can remove the wax strips up to 2 mm long, unlike other depilatories that can only remove 4-5 mm long. With natural ingredients, Veet Ready-to-Use Wax Strips is easy to use. What's the only by-product is your hands and apply in the direction of hair growth. Then strip it off and you're done.

Veet Ready-to-Use Wax Strips for the legs and Veet Blue Veet Strips for the sensitive areas like the face and bikini area. Peeling down hair growth and stimulates hair fast. Consider water bath problems with Veet Hair-removal Moisture. Apply on for eight minutes and wash off with hot sponge to reveal silky skin. It comes in two varieties: Veet Hair-removal Moisture with moisturizing also very and Veet Hair-removal Moisture with soothing Aloe Vera.

Veet Depilatory Products are available at leading department stores, drugstores and pharmacies.



Free seminars on Nutritional Immunology

PRESENTER: internationally recognized health products to "filter" through the system of Nutritional Immunology is the use of E. Enzi, Inc., Phil. Nutritional Immunology studies the significant relationship between nutrition and the immune system, and how diet can be improved through consistent proper nutrition.

R. Enzi regularly holds Free This Week

Immunology - Orientation Open House (20-25) seminars in 24-P. Pacific Time, Monday to Friday, 2-4 p.m. and 4-6 p.m. every Tuesday. E. Enzi's 900-699-0000 seminars are also given in business opportunities for leading entrepreneurs who are prepared to go beyond draining and pursue creative, profitable therapy.

Call 8110007.

Great wellness news

From page 12

4. Sushu-Sen, Sushu Village, Makati City, Manila, Singapore, TX, Sushu Village, The Sushu Seniors. Call 9541261 or 9112603.

Goodbye to asthma

Asthma is a chronic respiratory condition that usually presents as a history of wheezing or coughing, infection, asthma, allergy, stressful situations, changes in the temperature, climate, in this day why this happens, as one can say for sure.

While herbal remedies like garlic, onion, lemon juice, ginger, sage and apple cider vinegar give relief, there is a new herbal medicine that has recently been introduced to the Philippines.

Has Good, an asthma clinic set up recently by Has Good Phils., is affiliated with Has Good HMO located in Manila. It provides an improved quality of life to suffering asthmatics. Its powerful organic combination of Chinese herbs gathered in the Gobi-Gobi, which has been 21 days will radically improve (and ultimately cure) asthma. The spicy combination mixed with water, taken on an empty stomach will instantly destroy the body. This is a new and powerful 30-day dose

invention and the results to have better risk, weight loss and improvement of chronic disease (as a result of asthma).

Dr. Pua, founder, an OB-GYN by profession, was affected by asthma for 10 years. She is a smiling, active free-lance journalist at Has Good. Has Good Clinic is located at Arlene Building, Makati Avenue, Makati City. Call 9441000.

Goodbye problematic skin

As we age, the skin production of natural collagen decreases which reduces the ability to hold water. The result, dehydration. To maintain moisture, there is a new skin treatment that will penetrate a deep complexion—vitamin, exfoliate plus a facial aimed with moisture, moisture-rich ingredients.

For more problems, the skin treatment guarantees a visibly healthy and younger way to better skin.

Call 7341261 or 9110007.

Affirmation for the week

I open myself to limitless power. And I welcome love into my life. And love is... Love and light.